



Spicy Pecan Soup



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



618 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 cups chicken stock see
- ☐ 3 tablespoons chipotle chile in adobo sauce canned finely chopped
- ☐ 3 tablespoons garlic minced
- ☐ 2 cups heavy cream
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup onion minced
- ☐ 3 cups pecans

- ☐ 0.3 cup pecans chopped for garnish
- ☐ 8 servings salt to taste
- ☐ 6 ounce tomato paste canned

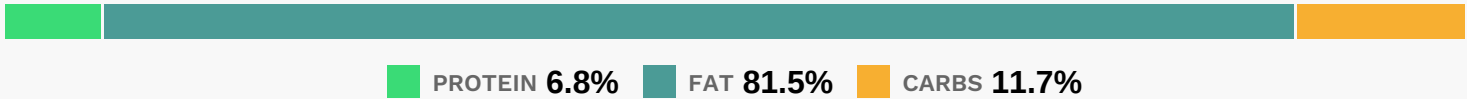
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Melt the butter in a large saucepan over medium heat. Cook and stir the onion and garlic in the butter until soft but not brown. about 5 minutes.
- ☐ Pour the chicken stock into the pot and whisk in the tomato paste, heavy cream, and lemon juice. Turn the heat to high and bring the soup to a boil. Turn the heat down to medium-low, add the 3 cups of pecan pieces and the chopped chipotle peppers, and simmer the soup until the pecans soften, about 30 minutes.
- ☐ Set aside 2 cups of soup.
- ☐ Pour the rest of the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the contents moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- ☐ Stir the reserved 2 cups of soup back into the pot and bring to a simmer and season with salt to taste.
- ☐ Serve, hot, with a sprinkle of chopped pecans for garnish.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:17.612608805947%

Flavonoids

Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg, Cyanidin: 4.76mg Delphinidin: 3.22mg, Delphinidin: 3.22mg, Delphinidin: 3.22mg, Delphinidin: 3.22mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 2.49mg, Epigallocatechin: 2.49mg, Epigallocatechin: 2.49mg, Epigallocatechin: 2.49mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 1.02mg, Epigallocatechin 3-gallate: 1.02mg, Epigallocatechin 3-gallate: 1.02mg, Epigallocatechin 3-gallate: 1.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 618.03kcal (30.9%), Fat: 58.45g (89.93%), Saturated Fat: 18.82g (117.6%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 13.41g (4.88%), Sugar: 8.2g (9.11%), Cholesterol: 80.16mg (26.72%), Sodium: 518.83mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.96%), Manganese: 2.1mg (104.81%), Copper: 0.69mg (34.38%), Vitamin B1: 0.39mg (26.32%), Phosphorus: 221.2mg (22.12%), Fiber: 5.46g (21.85%), Vitamin A: 1039IU (20.78%), Vitamin B2: 0.34mg (20.07%), Vitamin B3: 3.7mg (18.49%), Magnesium: 71.25mg (17.81%), Zinc: 2.52mg (16.77%), Vitamin B6: 0.31mg (15.33%), Potassium: 520.75mg (14.88%), Selenium: 8.07µg (11.53%), Iron: 2.05mg (11.37%), Vitamin E: 1.58mg (10.52%), Calcium: 91.81mg (9.18%), Vitamin C: 6.29mg (7.62%), Folate: 26.73µg (6.68%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.63mg (6.32%), Vitamin K: 5.28µg (5.03%), Vitamin B12: 0.1µg (1.69%)